

9/11, Anthrax, Sniper Attacks and Ongoing Terror Alerts

Our community has experienced several major traumatic events since September 11, 2001: the attack on the Pentagon, the anthrax attacks and the sniper attacks. In addition, we have been exposed to ongoing terror alerts.

The cumulative effects of these events have left many of us feeling vulnerable, anxious, and fearful. It is important to recognize your responses, discuss your reactions with others, and take care of yourself and your family during these difficult times.

BE PREPARED

Review the Northern Virginia Home Guide to Emergency Preparedness you recently received with your newspaper or in the mail

<http://www.washingtonpost.com/wp-srv/health/specials/preparedness/guides/nva.pdf>

Community Resilience Project

- Individual, family and group crisis counseling
- Educational workshops on building resilience, stress management, emergency preparedness & community resources
- Information and referral assistance
- Multicultural staff fluent in many different languages including American Sign Language.
- Services are FREE and available to all who live, work or attend school in Northern Virginia

www.communityresilience.com

Alexandria Community Resilience funded by the Federal Emergency Management Agency (FEMA) and managed by Alexandria Community Services Board, a group of 16 citizen volunteers appointed by Alexandria's City Council. CSB oversees the city's publicly funded services for mental health, mental retardation and substance abuse.

It is a CSB policy not to discriminate in the admission to its programs and activities on the basis of race, color, sex, handicap, religion or national or ethnic origins. Programs and activities are accessible to people with physically handicapping conditions. If you require accommodations please call (703) 838-4455 or TDD (703) 838-5054.

Coping with Terror Alerts



Alexandria Community Resilience Project

Offering free outreach, counseling, referral & educational services for individuals, families and groups



(703) 838-6400

24 hours a day

1 866-400-2951 (Toll Free)

TTY: (703) 228-4831

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Tips for Coping With the Terror Alerts:

- Recognize that trained officials are mobilized to respond.
- Remember that local and federal security measures are heightened.
- Follow the advice of law enforcement personnel.
- Review the Northern Virginia Home guide to Emergency Preparedness (<http://www.washingtonpost.com/wp-srv/health/specials/preparedness/guides/nva.pdf>)
- Prepare a Home Emergency Preparedness Plan: involve the whole family.
- Make sure you have access to media, but limit ongoing exposure.
- Identify the feelings you are experiencing. Understand that your feelings are normal.
- Talk to others about your feelings.
- Focus on your strengths and abilities, and those of your family and community.
- Stay healthy by sleeping regularly, eating right, avoiding drugs or alcohol, exercising and doing things you enjoy.
- Maintain routine.
- Remember that people react in different ways.
- Ask for help if it gets to be too much.

Terror alerts during this time of global uncertainty may generate anxiety as we go about our daily tasks

Normal Reactions May Include:

- Fear, terror
- Anxiety
- Not wanting to leave home
- Not wanting to be separate from loved ones
- Irritability
- Fatigue, exhaustion
- Anger
- Sadness, crying
- Changes in appetite
- Changes in sleep patterns
- Inability to concentrate
- Confusion
- Hyperactivity
- Increased worry
- Physical complaints
- Nightmares

Remember: We are reacting normally to abnormal events

Reactions in Youth May Include:

- Anxiety and irritability
- Sadness and crying
- Fear separation, being alone
- Clinging, fear of strangers
- Worry, nightmares
- Regression to immature behavior
- Reluctance to go to school
- Increased shyness or aggressiveness
- Headaches, stomachaches, other physical complaints
- Nervousness about what the future may bring

How you can help youth:

- Take care of yourself.
- Stay calm.
- Include youth in emergency preparedness activities.
- Talk with youth about their feelings.
- Encourage youth to express their feelings through drawing or playing.
- Give honest answers to their questions; keep information at a level they can understand.
- Listen.
- Maintain routine and regular discipline.
- Reassure youth that you are together and you will do everything you can to protect them.
- Give them lots of love.